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Sedentary Life, Diseases And Aerobic Exercise

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Abstract

Sedentary life style will contribute to the early onset and progression of life style disease such as cardiovascular disease, hypertension, diabetes and obesity. Physical inactivity has a negative impact on anxiety, depression, mood, and wellbeing, all of which may impact on academic achievement too. Physical inactivity increases all causes mortality, doubles the risk of hyper and hypo tensions, cardiac related disease, diabetes and obesity. It also increases the risks of asthma, stress cancer, lipid disorders, osteoporosis and other psychological related disorders. Physical exercise improve musculoskeletal function, or maintain a state of psychological-being. . Physical exercise Release contracted muscles, tendons, and fascia, Mobilize joints, Improve circulation, Improve respiratory capacity, Improve coordination, Reduce rigidity, Improve balance, Promote relaxation, Improve muscle strength ,achieve and maintain maximal voluntary contractile force (MVC),Improve exercise performance and functional capacity (endurance). Finally ,Physical Exercise contribute to control or minimize Diabetes, Blood pressure Obesity and Cardiovascular Diseases.

Introduction

Exercise as bodily movement prescribed to correct impairment, improve musculoskeletal function, or maintain a state of psychological-being. Physical exercise Release contracted muscles, tendons, and fascia, Mobilize joints, Improve circulation, Improve respiratory capacity, Improve coordination, Reduce rigidity, Improve balance, Promote relaxation, Improve muscle strength and, Furthermore, Sedentary lifestyle is one of the major causes of life style disease disability around the world. Approximately two million deaths every year are attributable to sedentary lifestyle; the findings from a WHO study on risk factors suggest that sedentary lifestyle is one of the ten leading causes of death and disability in the world. Physical inactivity increases all causes mortality, doubles the risk of hyper and hypo tensions, cardiac related disease, diabetes and obesity. It also increases the risks of asthma, stress cancer, lipid disorders, osteoporosis, depression anxiety and other psychological related disorders. The word “Sedentary” is coined from the Latin word “Sedere” which means “to sit” hence Sedentary behaviour is a term used to characterize those behaviours that are associated with low energy expenditure. This includes home, business centres, long screen time, car driving prolonged sitting at work, and leisure time.

Impact of sedentary lifestyle on health outcomes

Sedentary lifestyle is one of the major causes of life style disease around the world. Approximately two million deaths every year are attributable to sedentary lifestyle; the findings from a WHO study on risk factors suggest that sedentary lifestyle is one of the ten leading causes of death and disability in the world. Physical inactivity increases all causes mortality, doubles the risk of hyper and hypo tensions, cardiac related disease, diabetes and obesity. It also increases the risks of asthma, stress cancer, lipid disorders, osteoporosis, depression anxiety and other psychological related disorders. Levels of inactivity are high in college students too. In developed countries especially in India more than half of adults are insufficiently active. Poverty, crime, Crowding, poverty low air quality, and a lack of parks,

sports and recreation facilities, and sidewalks make physical activity a difficult choice. Even in the sub urban and rural areas sedentary increases due to watching television, are increasingly popular. Inevitably, the results are increased levels of different chronic disease such as asthma, stress, cancer, lipid disorders, osteoporosis, depression anxiety etc . In the India, chronic diseases are now the leading causes of death. Currently, world health organisation assessed the global burden of disease from several health risk factors, including sedentary life style (Physical Inactivity). Sedentary behaviour contribute to a major public health problem that effects huge numbers of people in the glob

Health Risks Associated with Sedentary Lifestyle

Obesity

World Health Organization (WHO), identified obesity as a worldwide public health problem affecting over 100 million people. Reduced physical activity which characterizes Sedentary Life Style leads to accumulation of excess calories and fatty acids. This is because weight maintenance depends largely on the number of calories absorbed through food intake and the number expended through physical activity and metabolism. Lucas, Ward and Brain (2008) identified sedentary lifestyles attributed to risk of obesity in students. An individual, who is sedentary, absorbs and stores a lot of calories because of reduced energy expenditure. These unwanted calories may lead to obesity. Obesity is one of the emerging health related problems of the younger age especially those in urban areas due to urbanisation, industrialization , and over-eating tendencies. And these factors miss the opportunity to take part in sporting or physical activity. Obesity in children and adolescents are associated with health risk of insulin resistance leading cardiovascular and enhance the bad cholesterol. Other health risks of obesity in children include I risks of asthma, stress cancer, , osteoporosis, depression anxiety and other health related disorders including Blood pressure and Diabetes. Physical Exercise that involves intense bursts of energy also stimulates the release of thyroxine from your thyroid gland. Physical Exercise can help you control or reduce your weight because testosterone and thyroxine speed up your metabolism.

Sedentary Lifestyle contributed Bad cholesterol

Cholesterol is one of the three major classes of lipids manufactured by the liver and transported to the body cells by low Density lipoproteins (LDL) and utilized for the formation of steroid hormones, bile acids and vitamin D Cholesterol is useful to the body but it does not need to be part of our diets because the liver produces the amount needed by the body. The low level of density lipoprotein causes heart related problem and hypertension, high density lipoproteins are useful for maintenance of a healthy heart. It is worth mentioning here that Sedentary life style contribute to low Density lipoproteins (LDL). Physical exercise stimulates enzymes that help move LDL from the blood (and blood-vessel walls) to the liver. From there, the cholesterol is converted into bile or excreted. So the more you exercise, the more LDL your body expels

Sedentary Lifestyle and Cardiovascular Impact

The cardiovascular system is responsible for pumping blood throughout the body thereby providing a rapid-transport system to distribute oxygen to the body cells and also remove carbondioxide from the body with other waste products. The cardiovascular system consists of the heart and blood vessels. When the body is at rest cardiovascular disease as one caused by unhealthy lifestyle including smoking, poor diet and sedentary behaviour . Cardiovascular diseases have behavioural correlates and that physical inactivity is related to cardiovascular disease (CVD)]. Metabolic diseases which result from inactivity further expose individuals to cardiovascular impairment. Physical in activity, unhealthy diet and obesity associated with sedentary lifestyle are health risks for cardiovascular disease which are now on the increase in developing countries creating a double burden to these countries already suffering from

the effects of infectious diseases. The adrenal medulla releases epinephrine during Physical exercise and increases epinephrine levels at higher exercise intensities. Epinephrine increases the amount of blood that your heart pumps. Epinephrine also enhances your ability to use muscles during exercise by widening blood vessels, which lets your muscles get more oxygen-rich blood and reduce the risk of cardiovascular diseases.

Sedentary Lifestyle and Diabetes

The several researches investigated that physical inactivity contribute to diabetes which results from the body's inability to effectively utilize insulin.

Insulin is a hormone that regulates your glucose, or blood sugar, by transporting it to muscles and tissues that use glucose for energy. Excessive insulin in your blood reduces your sensitivity to insulin and can lead to diabetes. Physical Exercise might increase your insulin sensitivity by reducing blood concentrations of insulin. Blood insulin levels begin decreasing after Physical exercise, and might increase your sensitivity to insulin at rest.

Conclusions

Sedentary life style is a seriously growing health problem in the globe sedentary life style will contribute to the early onset and progression of life style disease such as cardiovascular disease, hypertension, diabetes and obesity. Healthy body through participation in sporting activities and physical work is necessary for increasing the working capacity and maintaining physical fitness of any individual to perform his daily tasks vigorously without undue fatigue, to spare the energy to enjoy leisure time activities. Finally, this paper provide a greater insight to eliminate the risks of diseases such as diabetes mellitus, chronic obstructive lung diseases, osteoarthritis diabetic, articulation pains, hypertension, and cardio vascular problems to the people.

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